



CYCLING THROUGH EASTERN FRIULI

From the hills to the Adriatic sea through nature and history

16th- 18th October

or 15th-19th October: independent arrival and departure

16th October

- MEETING POINT: UDINE FFSS 8.00.
- DEPARTURE: 8.30. FROM UDINE, WE WILL REACH CIVIDALE DEL FRIULI TO DISCOVER ITS LONGBARD PAST WE'LL CLIMB TO CASTELMONTE SANCTUARY AND CONTINUE THROUGH THE COLLIO REGION ENJOYING ITS BEAUTIFUL VINEYARDS

ACCOMMODATION: CORMONS half board from 60 to 75 euros per person

length 60 km, 750 elevation gain, 75% paved road . **Technical and physical difficulty 3 ***

17th October

- DEPARTURE: 8.30. FROM CORMONS, WE WILL CLIMB THE PRESTIGIOUS "MURO DEL COLLIO" AND THROUGH THE VINEYARDS WE WILL VISIT GORIZIA WHICH STANDS ON THE SLOVENIAN BORDER TO GET INTO THE CARSO REGION AND DISCOVER ITS HISTORY.

ACCOMMODATION: MALCHINA, half board from 60 to 75 euros per person

length 65 km, 850 elevation gain, 50% unpaved road. **Technical and physical difficulty 3 ***

18th October

DEPARTURE 8.30. FROM MALCHINA, WE WILL GO THROUGH THE CARSO REGION WITH ITS LIMESTONE CAVES AND A STUNNING VIEW ON THE TRIESTE GULF, TO REACH TRIESTE

length 30 km, 450 elevation gain, 70% paved road . **Technical and physical difficulty 2 ***

COST: € . 50 per day/person for FAO Staff Coop members;

€ . 55 per day/person for non FAO Staff members.

Discounts:

Bring a friend who is joining one of our tours for the first time, and you'll both receive a €50 discount

PAYMENT: Payment on booking: **deposit € . 50.00;**
final balance based on your own hotel accommodation

BIKE RENTAL

- Rosazzobiketour, Corno di Rosazzo, Gorizia**
MTB rental € 50,00
e-bike rental € 59,00 (minimum 2 people)
- Easy bike rent Via dei cerchi Roma 59**
0683958250/3755678174
- Bike Square, Via della Piramide Cestia, 33 Roma 06**
98185055
- Collalti bici via del Pellegrino 80 Roma 0668801084**
- Bike and helmet provided and picked up by the guide**
€100.00 per person for the entire holiday;

INFO & BOOKINGS

paolo.antonini@scuoladimtb.eu

+39 3334816341

paoloantonini1966



gravel, e-bike, MTB

MANDATORY: HELMET
and bike in good conditions

NOTES

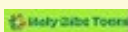
- 3 stages itinerary with overnight stay and luggage in tow.
- It is recommended bringing luggage as small as possible; bike with luggage racks and pannier bags recommended; if you use backpack on the shoulders as small as possible (max 15-20 lt).
- Spare inner tube or tire repair kit recommended.
- Bike sportswear highly recommended
- Front and rear bike light recommended.

Terms and conditions

- Tour will take place with a minimum of 4 people.
- The tour might be canceled due to bad weather conditions or unforeseen circumstances affecting the guide.
- If you leave the tour at any time, you are required to pay the full fee to the guide, as well as the full cost of any accommodation booked on your behalf.
- The route may be changed if necessary at the guide's discretion.
- Exact cost for overnights will be communicated as soon as possible.
- Participants must be able to ride on roads open to traffic as well as on unpaved gravel roads.
- *) difficulty scale: 1 very easy; 2 easy; 3 moderately demanding; 4 quite demanding; 5 very demanding.
- Not included: meals, train ticket, bike rental



Accademia nazionale del ciclismo



In collaborazione con Italy Bike Tours Agenzia di Viaggi e Tours Operator - Ass Allianz S.p.A. Polizza n.253618897

Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients.